



IceHoldz™

USER MANUAL



INDOOR ICE CLIMBING HOLDS

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1 WELCOME

Congratulations on your purchase of Off-Belay's IceHoldz™.

IceHoldz™ are the only commercially available modular holds for indoor climbing that accurately mimic the consistency of real ice. Yes, you can actually swing your ice tool into IceHoldz™. IceHoldz™ can be swung at, passively hooked or frictioned upon just like real ice. IceHoldz™ provide climbers the opportunity to train year round and gear up for any weekend out on the ice.

You made an excellent choice and we hope you will enjoy climbing Off-Belay's IceHoldz™.

2 HOW TO USE ICEHOLDZ™

2.1 Proper Techniques for Indoor Ice Climbing on IceHoldz™

Indoor ice climbing requires the use of an ice-axe and crampons (We prefer to train with rock shoes rather than crampons). The climber should employ the basic technique of front-pointing for crampon placement if crampons are worn.

Indoor ice climbers may also employ various techniques for efficiently placing an ice axe. The climber should establish a solid placement of the pick into the IceHoldz™ with a single well aimed swing. The fewer swings per placement will mean much less fatigue by the climber at the end of the route. Both pick and crampon penetration of the IceHoldz™ requires approximately ¼-inch penetration for a secure hold.

When climbing on IceHoldz™ there is no need to make a fresh pick placement with each and every swing; as with real ice climbing, carefully hooking a pre-made hole allows for ready placement. The unique "terrain" of the various IceHoldz™ makes for a variety of placement options. Just as on real ice, it pays to aim your pick at a specific spot on the holds rather than just blindly swinging away. Just as a crisp, decisive swing typically yields a good stick on ice, this also is true for IceHoldz™.

The best way to remove your pick is in the reverse of the motion used to place it and it should never be removed by torquing it from side to side, which could result in breaking or damaging the pick and greater wear on the IceHoldz™ product.

2.2 Tool Bounce

If the point of the pick does not come in contact with IceHoldz™ first, no matter how sharp the pick is, tool bounce may occur. Tools with extreme curves on the handle (specifically designed for dry-tooling) have a higher angle of incidence (**Figure 1**). If the point of the pick contacts the surface of IceHoldz first, penetration will occur and a solid tool placement is probable (**Figure 2**).

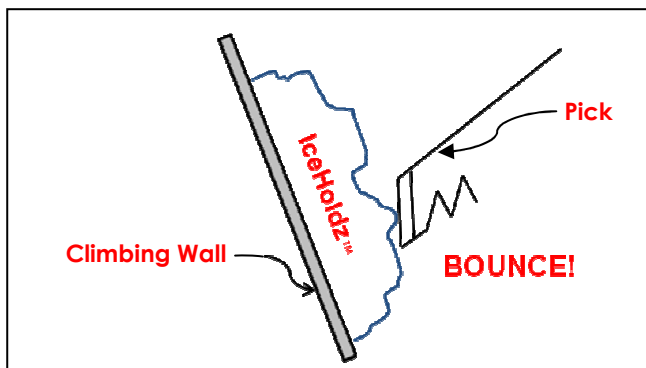


Figure 1

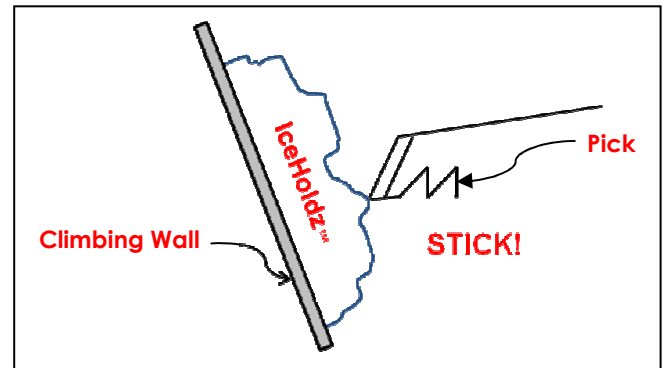


Figure 2

Solid tool placement may be enabled by:

- Swinging with the tool handle closer to the wall (**Figure 3**).
- Looking for a feature on IceHoldz™ providing this angle of incidence (**Figure 4**).
- Using tools with less aggressive curve in handles and pick head (**Figure 5**).

Aggressive curved pick handle makes tool bounce on IceHoldz™ more likely as shown below in **Figure 6**.

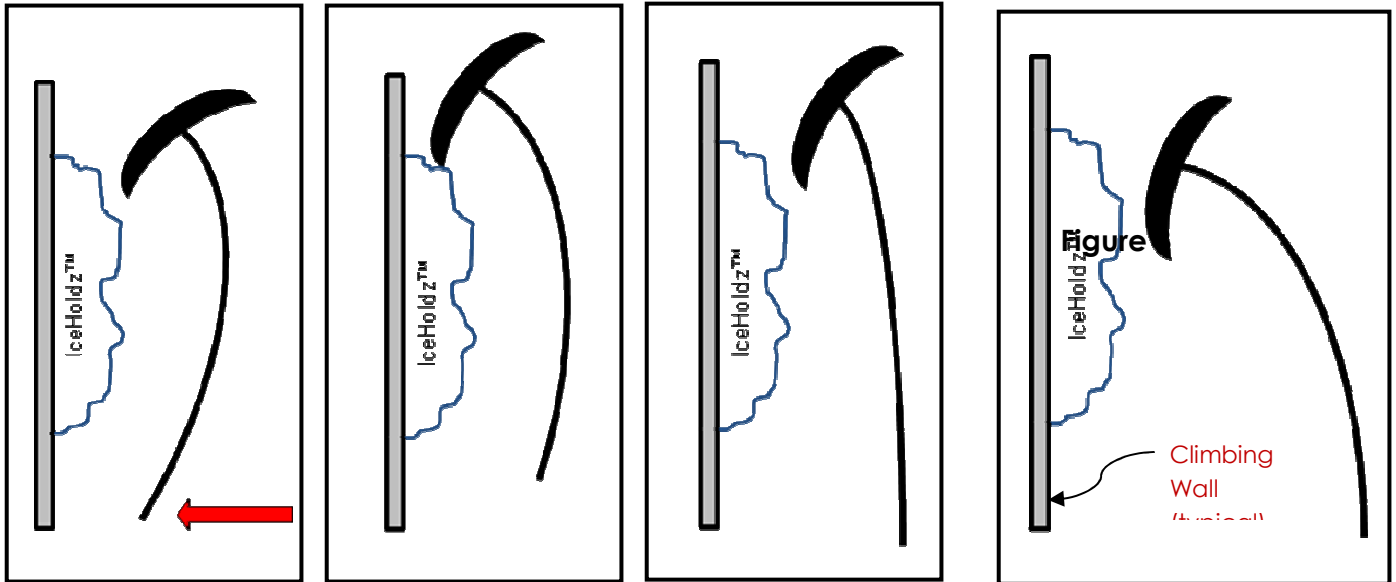


Figure 3

Figure 4

Figure 5

Figure 6

2.3 Dry-Tooling on IceHoldz™

Dry-tooling is one of the best methods for training climbing-specific muscles without tearing up your fingertips. All series of IceHoldz™ offer vast dry-tooling opportunities. Climbers may look for holes, bulges or ledges for optimal pick placement without pick penetration.

2.4 Suggestions for Placement of IceHoldz™

We suggest mounting IceHoldz™ on your climbing wall in such a way to mimic the occurrence of real ice features in the outdoor setting. IceHoldz™ may be placed as a destination feature high on an indoor woodie to re-create the scenario of a climber dry-tooling up to the ice as if to reach a hanging ice curtain or feature. The holds can then be swung at and stuck in a most satisfying manner. Alternatively, place an IceHoldz™ at mid-height; swing, stick and match, then grasp the tool high to power off your placement making a big reach for that next placement.

If you have a horizontal roof feature in your gym, practice dry-tooling across the ceiling, turning and sticking into an IceHoldz™ on the wall behind you. Then swing around and onto the wall. This particular maneuver mimics common mixed climbing sequences where a horizontal limestone ceiling must be negotiated before sticking an ice curtain, dagger or column.

Of course IceHoldz™ can be arranged in sequence on vertical, slightly less than vertical, or slightly inclined climbing walls to reproduce strenuous excitement of a pure ice pitch. Keep in mind on popular ice routes even the novice ice enthusiast will discover ample opportunities to hook pre-existing holes in the ice so it's best to intersperse some bomber jugs along the way.

In most indoor settings it is preferable to climb in rock shoes using small modular holds or jibs as placements for the feet (Try frictioning on IceHoldz™ with your sticky rubber for added challenge.)

As with real ice, a climber ascending a succession of IceHoldz™ will have to make decisions about how hard and how often to swing one's tools to obtain secure placements without overdriving picks and getting the tool stuck in the "ice". Climbing real ice is all about conserving energy while climbing efficiently. Only by training indoors on IceHoldz™ can ice climbers learn to do this in the off-season or between trips to the mountains.

Over time you will become more familiar with the amount of effort needed to achieve a good placement on your IceHoldz™. In general, less is more, so it is not necessary to bury your pick in the IceHoldz™. This will make removal of the tool very difficult and will excessively damage the IceHoldz™ product, leading to premature wearing-out. Typically, just having the front cutting tooth of the pick penetrate the surface of the IceHoldz™ is more than sufficient.

Keep in mind that ice climbing and dry-tooling are subtle games of technique and finesse rather than brute strength. Modern leashless tools are extremely efficient at providing solid placements with minimum effort, so as you climb on IceHoldz™, think about letting the tool do the work for you.

IceHoldz™ are designed to mount quickly and easily on existing indoor walls by means of mounting bolts, washers and occasionally wood screws. Refer to Section 3 – Installation for additional information.

While comprised of the same proprietary plastic "ice" as the larger IceHoldz™, Splat and Blobz are well suited to dry-tooling and "frictioning". No need to blast away at these features, they are designed to mimic subtle and fragile ice splatters that oftentimes occur on mixed routes. Usually these are too precious to obliterate with a tool swing so the technique is to deftly hook them or "melt" the pick into the surface of the IceHoldz™ with downward pressure.

3 INSTALLATION

3.1 Instructions for Mounting

All series of IceHoldz™ may be mounted to any climbing wall.

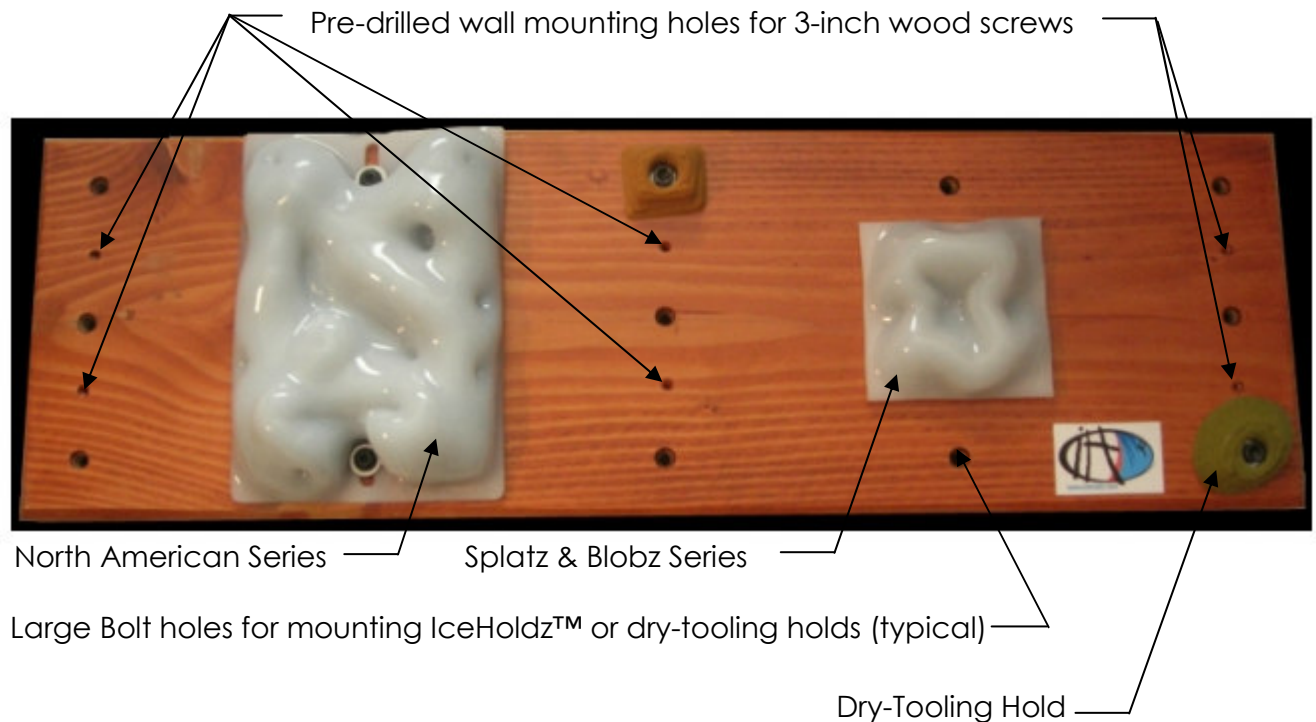
- a) **Splat & Blobz:** May be mounted using four wood screws in the pre-drilled holes.
- b) **North American & Himalayan Series:** All holds in these series have more than one bolt hole and are pre-drilled at 3/8-inch diameter, set eight to nine inches on center, with one and 1/4-inch slots for ease of installation. Hardware included with these series consists of 3/8-inch by two inch long T-bolt and 3/8-inch diameter washer.

Several holds in the Himalayan Series have six bolt holes, generally however, only four bolts are required for secure mounting. Six holes allow more flexibility and ease of installation for mounting to existing climbing walls.

- c) **Ice Series:** All holds in this series have more than one bolt hole and are pre-drilled at 3/8-inch diameter, set seven to eight inches on center, with one and 1/4-inch slots for ease of rotation. Hardware included with this series consists of a 3/8-inch by two inch long T-bolt and 3/8-inch diameter washer.
- d) **Training Boardz:** The IceHoldz™ Training Boards should be mounted to your home wall using the 3-inch wood screws provided with the product. The pre-drilled wall mounting holes are

sixteen inches on center which allows for mounting to vertical wall studs typical for home construction.

The wood screws for mounting the IceHoldz™ Splat & Blobz may be set into the training board at any location. Bolts used for mounting the IceHoldz™ North American (Large Training Board only) or dry-tooling holds, may be placed at any of the fifteen pre-drilled locations.



3.2 Mounting to Fiberglass Walls

For those with fiberglass walls, simply mount IceHoldz™ onto a plywood back plate and attach the plywood to the wall using one or more bolts. Customer plywood back plates may be made upon request. Contact Off-Belay, LLC directly for further information.

3.3 Hardware Specifications

The following hardware will be included with all orders:

- Wood screws to be used with the Splat & Blobz series only.
- 3/8-inch by 2-inch long T-Bolts to be used with the Icicle, North American & Himalayan series.
- Washer to be used with the Icicle, North American & Himalayan series.
- Three inch wood screws (six total) for IceHoldz™ Training Boardz.

4 CONDITIONS FOR USE

4.1 Indoor & Outdoor Requirements for IceHoldz™

The optimal temperature for the use of IceHoldz™ both indoors and outdoors is 50 degrees Fahrenheit and above. If climbing occurs on IceHoldz™ at any temperature below 50 degrees Fahrenheit, damage may occur in the form of cracks to the shell.

When mounted outdoors, IceHoldz™ should not be exposed to direct sunlight for extended periods of time.

See Section 7 - Warranty, for information regarding replacement of IceHoldz™ due to cracks.

5 CARE AND MAINTENANCE

5.1 General Maintenance

The most common maintenance procedure you will need to perform on your climbing wall is:

- a) As with any indoor climbing wall, mounting bolts should be inspected regularly and tightened as necessary.
- b) Remove any cracked IceHoldz™ immediately. Once removed, Holdz may be sent to Off-Belay for a recycling discount of varying amount depending on the model number being returned. This discount may only be used toward the purchase of a new IceHoldz™ replacement shell and/or backing. There will be no cash refunds.

See Section 6 - Replacement for more detailed information.

- c) Depending on the frequency of use and style of climbing (dry tooling vs. ice pick penetration) on the IceHoldz™, pieces may need to be rotated to avoid excessive wear on the shell. See Section 5.2 - Rotation of Indoor Ice Climbing Holdz for more detailed information.

5.2 Rotation of Indoor Ice Climbing Holdz

IceHoldz™ may be oriented in any one of four ways in either a horizontal or vertical format with the exception of the Icicle Series – Ceiling Mount, Bi-Cicle and Tri-Cicle. Before you get bored or the IceHoldz™ get too holed in one orientation, shake things up a bit by unbolting the Holdz, rotating the unit 90 degrees, then bolt it back up - VOILA a new surface!

(Note: To go from a vertical to horizontal to vertical orientation you needn't have drilled four new holes, only three. Just leave one corner bolted loosely in place, rotate the hold 90 degrees and bolt it back down to the three pre-set holes backed with T-nuts.

IceHoldz™ may also be rotated for a variation to the route as one side will have features that the other sides will not.

6 SAFETY

All climbing, including indoor climbing is dangerous. When ice-climbing indoors, always, at a minimum, wear safety equipment, including a climbing helmet with a protective face shield, cage or safety glasses and a mouth guard. Keep in mind that if top-roping, your belayer must be similarly equipped in the event of a dropped tool. Your belayer must be secured to a floor anchor and positioned at a safe distance from under the climbing route.

Even with protective gear **NEVER** situate your face/head behind a weighted tool! Keep in mind that if the tool pops off the hold you are pulling on, it will do so with considerable force and velocity.

NEVER climb without a belay. We strongly recommend the use of a top-rope whenever climbing on IceHoldz™.

We also recommend establishing a boundary (a roped off area or netted area) to prevent others from entering the 'fall zone'.

7 REPAIRS & RECYCLING

IceHoldz™ are a two part system consisting of an outer shell and an inside backing. Customers returning shells for recycling shall be given a credit toward the purchase of a new shell. This shell can then be placed over their backing and climbing may begin again!

8 WARRANTY

IceHoldz™ are covered by a one month limited warranty from the original date of purchase. This warranty covers defects in materials and workmanship. Damage that is due to normal use and wear, abuse or accidents is not covered by this warranty. Off-Belay, LLC reserves the right to make all warranty determinations, which may include, but are not limited to repair, replacement or credit for the product.

If it is determined the returned product is covered under warranty, the product will be repaired or replaced and returned to the customer at no charge.

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Is it ice... or is it IceHoldz™?

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Made in the USA

